

# Food Sources of Thiamin (Vitamin B1)

## Information About Thiamin

- Thiamin is one of the B vitamins.
- Thiamin's main role is to help your body use carbohydrates and protein to make energy.

## How Much Thiamin Should I Aim For?

| Age in Years                     | Aim for an intake of milligrams (mg)/day | Stay below mg/day                           |
|----------------------------------|--|---|
| Men 19 and older                 | 1.2                                      | A safe upper limit has not been determined. |
| Women 19 and older               | 1.1                                      |   |
| Pregnant Women 19 and older      | 1.4                                      |   |
| Breastfeeding Women 19 and older | 1.4                                      |   |

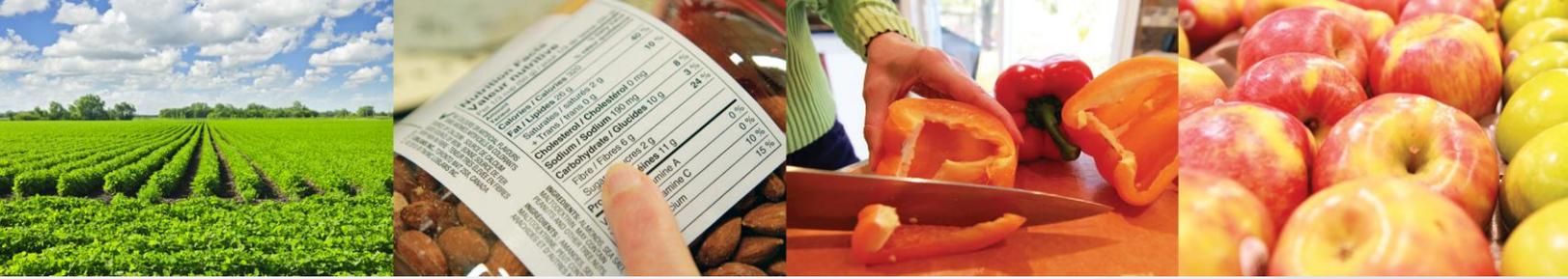
## Thiamin Content of Some Common Foods

The best sources of thiamin include yeast extract, pork, fortified breakfast cereals, enriched grain products and meatless soy products. This table will show you foods which are sources of thiamin.

| Food                          | Serving size     | Thiamin (mg) |
|-------------------------------|------------------|--------------|
| Vegetables and Fruit          |                  |              |
| <i>Vegetables</i>             |                  |              |
| Soybean sprouts, cooked       | 125 mL (1/2 cup) | 0.28         |
| Edamame/baby soybeans, cooked | 125 mL (1/2 cup) | 0.25         |
| Green peas, cooked            | 125 mL (1/2 cup) | 0.22 - 0.24  |
| Lima beans, cooked            | 125 mL (1/2 cup) | 0.22         |
| Squash, acorn, cooked         | 125 mL (1/2 cup) | 0.18         |
| Potato, with skin, cooked     | 1 medium         | 0.10-0.15    |
| Grain Products                |                  |              |
| <i>Grains</i>                 |                  |              |
| Wheat germ, raw               | 30 g (1/4 cup)   | 0.50         |
| Corn flour                    | 20 g (2 Tbsp)    | 0.29         |



|  |   |             |
|--|---|-------------|
| Pasta, white, enriched, cooked               | 125 mL (1/2 cup)                            | 0.21 - 0.29 |
| Pasta, egg noodles, enriched, cooked         | 125 mL (1/2 cup)                            | 0.16 - 0.21 |
| <i>Cereals</i>                               |   |             |
| Oatmeal, instant, cooked                     | 175 mL (¾ cup)                              | 0.72        |
| Cereal, dry, all types                       | 30 g (check product label for serving size) | 0.60        |
| Hot oat bran cereal, cooked                  | 175 mL (¾ cup)                              | 0.40        |
| Muesli and granola                           | 30 g (check product label for serving size) | 0.22        |
| Oatmeal (1 minute), cooked                   | 175 mL (¾ cup)                              | 0.21        |
| <i>Other Grain Products</i>                  |   |             |
| Breakfast bar, corn flake crust with fruit   | 1 bar (37 g)                                | 0.37        |
| Bagel, plain                                 | ½ bagel                                     | 0.30        |
| Breakfast bar, oatmeal                       | 1 bar (47 g)                                | 0.24        |
| Granola bar, oat, fruits and nut             | 1 bar (43 g)                                | 0.21        |
| Waffle, frozen, cooked                       | 1 waffle                                    | 0.19        |
| Bread (white, whole wheat, rye, mixed grain) | 1 slice (35 g)                              | 0.08 – 0.17 |
| <i>Milk and Alternatives</i>                 |   |             |
| Soy beverage,                                | 250 mL (1 cup)                              | 0.10        |
| <i>Meat and Alternatives</i>                 |   |             |
| <i>Meat</i>                                  |   |             |
| Pork, various cuts, cooked                   | 75 g (2 ½ oz)                               | 0.43- 1.05  |
| Pork, ground, cooked                         | 75 g (2 ½ oz)                               | 0.75-0.77   |
| Pork, ham, cooked                            | 75 g (2 ½ oz)                               | 0.41        |
| Venison/deer, various cuts, cooked           | 75 g (2 ½ oz)                               | 0.19 – 0.38 |
| Liver (chicken, pork), cooked                | 75 g (2 ½ oz)                               | 0.13-0.22   |
| <i>Fish and Seafood</i>                      |   |             |
| Tuna,yellowfin/albacore, cooked              | 75 g (2 ½ oz)                               | 0.10        |
| Trout, cooked                                | 75 g (2 ½ oz)                               | 0.11-0.32   |
| Salmon, Atlantic, cooked                     | 75 g (2 ½ oz)                               | 0.11 - 0.26 |
| Pickrel/walleye, cooked                      | 75 g (2 ½ oz)                               | 0.23        |
| Mussels, cooked                              | 75 g (2 ½ oz)                               | 0.23        |
| Tuna, bluefin, cooked                        | 75 g (2 ½ oz)                               | 0.21        |



|   |                |             |
|---|----------------|-------------|
| <i>Meat Alternatives</i>  |                |             |
| Meatless, luncheon slices   | 75 g (2 ½ oz)  | 3.00        |
| Soy burger, vegetarian meatloaf or patty, cooked                                    | 75 g (2 ½ oz)  | 2.00        |
| Meatless (chicken, fish sticks, meatballs), cooked                                  | 75 g (2 ½ oz)  | 0.70-0.96   |
| <i>Legumes (dried beans, peas and lentils)</i>                                      |                |             |
| Beans (soybeans, black, pinto, adzuki, kidney, lima, navy, roman), cooked           | 175 mL (¾ cup) | 0.22 - 0.35 |
| Lentils, cooked   | 175 mL (¾ cup) | 0.25-0.28   |
| Baked beans, canned   | 175 mL (¾ cup) | 0.18        |
| <i>Nuts and Seeds</i>   |                |             |
| Sunflower seeds, without shell  | 60 mL (¼ cup)  | 0.54        |
| Chinese/Japanese chestnuts, without shell   | 60 mL (¼ cup)  | 0.16 - 0.32 |
| Nuts (pistachio, macadamia, brazil nuts, hazelnuts, pecans, peanuts), without shell | 60 mL (¼ cup)  | 0.17 - 0.24 |
| Tahini/sesame seed butter   | 15 mL (1 Tbsp) | 0.19        |
| Soy nuts  | 60 mL (¼ cup)  | 0.12        |
| Others  |                |             |
| Yeast extract spread (marmite/vegemite)   | 15 mL (1 Tbsp) | 4.29        |

Source: "Canadian Nutrient File 2015"

[www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php)

[accessed August 24, 2016]



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